Advanced Practice Nursing

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Advanced Practice Registered Nurses (APRNs)

- RNs who have
  - completed an advanced graduate-level education program (MS or DNP)
  - passed a national certification examination in order to practice as
    - Clinical Nurse Specialist (CNS)
    - Nurse Anesthetist (CRNA)
    - Nurse Midwife (CNM)
    - Nurse Practitioner (CNP)
- Have advanced knowledge and skills to:
  - Deliver safe, effective patient care
  - Diagnose and treat health problems
  - Prescribe medications & perform procedures
  - Order & interpret laboratory tests
  - Provide health promotion and prevention counseling
  - Coordinate care, refer patients to other health care providers, and advocate for patients in the complex health care environment.

Picture of Advanced Practice Nursing in Minnesota

- Licensed MN RNs – 115,820
- Licensed MN RNs with APRN Certification

<table>
<thead>
<tr>
<th>APRN Role</th>
<th>Number</th>
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<tbody>
<tr>
<td>CNP</td>
<td>3,658</td>
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<tr>
<td>CRNA</td>
<td>1,680</td>
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<tr>
<td>CNS</td>
<td>544</td>
</tr>
<tr>
<td>CNM</td>
<td>281</td>
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<tr>
<td>Total</td>
<td>6,163  (5.3% of licensed RNs)</td>
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Based on MN BoN data from 11-15-13
APRN Clinical Training Supported by MERC Grant Dollars

Health Systems Supported by MERC

2010 IOM Report & Recommendations

- 4 key messages
- IOM Recommendation to remove APRN practice barriers
  - Recommended strategy – states should enact national APRN Consensus Model
- MN S.F. 511/H.F.435

Evidence Favoring Patient Access in States with Less Restrictive APRN Environments

- Autonomous APRN practice states more likely to have APRNs practicing in rural, underserved areas (Skillman et al., 2012)
- "By 2010 states with the least restrictive regulations of NP practice had a 2.5-fold greater likelihood of patients’ receiving their primary care from NPs than did the most restrictive states" (Kuo, Loresto, Rounds, & Goodwin, 2013, p. 1236)
- Auerbach et al., (2013) modeling of nurse–managed health centers & medical home with NP & PA use
Workforce & Employment Outlook

- AAMC projects national shortages in 2020 of 91,500 physicians (45,400 PCP and 46,100 subspecialists)
- MN Projects 900,000 to 1.1 million more MNs will have access to care beginning January 2014 (M.A. expansion & MN-Sure)
- 128 Primary care HPSAs and 41 Mental Health HPSAs in MN
- Trends – increasing use of NPs and PAs as hospitalists and E.D. coverage
- 17% of MN’s population in rural areas; 10–11% of PCP workforce in rural areas (MDH, Sep 2013)

Discussion

- PCP NPs intent to stop practicing in MN in the next 5 years (MDH, Sep 2013):
  - 34 and younger – 19%
    - 34 to 44 – 7%
    - 45 to 54 – 4%
    - 55+ – 31%
  
  Warrants further study of all APRN graduates
References

- Kuo, Y. F., Loresto, F. L., Rounds, L. R., & Goodwin, J. S. (2013). States with the least restrictive regulations experienced the largest increase in patients seen by nurse practitioners. *Health Affairs, 32*, 1236–1243.